

Comparative analysis of Anxiety level of Football Players in relation to their different playing positions

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Abstract: *The purpose of the study was to find out the anxiety level of football players at different playing positions i.e. forwards, mid-fielders, defenders & goal keepers. The study has been conducted on 200 male football players of Andaman & Nicobar Islands. The age of the players was between 16-21 years. The State & Trait Anxiety Inventory (STAI) constructed by D.Spielberger & R.L.Gorsuch was used for collecting the data. The data was analyzed by using One-Way Analysis of Variance (ANOVA) and Scheff's Post Hoc Test for mean differences at 0.05 level of significance. The results of the study show that the anxiety level of football players differs significantly at various playing positions. Further, it was found that the forwards were more anxious and defenders were less anxious players on the field, however mid-fielders and goal keepers have moderate degree of anxiety level.*

KeyWords: *Anxiety, Inventory, Forwards, Mid-fielders, Defenders etc.*

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I. Introduction

Today games and sports have become highly competitive phenomenon. Success in competitive sports places high psycho-physical demands on the participants. They have to be physically fit, technically sound and tactically prepared to have firm grip over the competition situation. However, their psychological aliveness to the situation has been described by many to be of paramount importance.

There are many psychological variables which affect the performance of players at the highest level of participation. It is well known by all who plays sports that defeat often stems from the inability to manage anxiety, fear, anger and aggression (Brewer and Petrie, 1996). A great deal of research has been devoted to the effect of anxiety on sports performance, as anxiety is a negative emotion state characterized by nervousness, worry, apprehension, and is associated with high state of arousal.

On the other hand all we know that football is an extremely popular game, played in almost all parts of the world. It is a most technical game played at highly organized level. The performance in various sports, including football, depends directly on physical fitness, technical skills, tactical efficiency and psychological conditions of players (Bugeleski, 1987). But the world's most popular game have far below level in India. That is why the investigator is interested to compare the anxiety level of football players in this part of India in relation to their different playing positions.

1.1 Purpose of the study

The purpose of the study was to compare the anxiety level of football players in relation to their playing positions.

II. Methodology

2.1 Sample

The study has been conducted on 200 male football players of Andaman & Nicobar Islands. The age of the players was between 16-21 years. All the players have participated in various district, state & national level tournaments held in these Islands during the years from 2014 to 2016.

2.2 Data Collection and Tool Used

Anxiety can be measured through different means and specific tools. In this study, The State & Trait Anxiety Inventory (STAI) constructed by D.Spielberger & R.L.Gorsuch was used for collecting the data on anxiety. The State & Trait Anxiety Inventory (STAI) was mainly conceptualized as research instrument for the study of anxiety in adults of above 16 age groups.

2.3 Statistical Technique Used

For analysis and interpretation of data, Analysis of Variance one way (ANOVA) was used and when there is a significant F in ANOVA of three or more groups, then there are numerable Post Hoc tests are available to determine which group is causing that significant result. For this purpose in the present study Scheff's Post Hoc test is used. The level of significance was set at 0.05 levels.

III. Results and Discussion

The following tables illustrate results of the study:

Table: 1

ANOVA of anxiety of football players at different playing positions

Sources of variation	df	Sum of squares	Mean square (variance)	F
Between Positions	3	1425.289	475.09	8.11*
Within Positions	196	17481.106	58.57	
Total	199	18906.395		

*significant at 0.05 level, tabulated value for df (3,196) at 0.05 level of significance is 2.65

Table: 1 indicates that the calculated 'F' value is 8.11, which is greater than the required table value at 0.05 levels of significance. From the results it is clear that the anxiety significantly varies among the football players at different playing positions. Hence, Scheffe's Post Hoc test was applied to find out the paired mean difference among the various playing positions.

Table: 2

Scheffe's Post Hoc test for mean difference in anxiety of football players at different playing positions

Forwards	Mid-Fielder	Defenders	Goal Keepers	Mean Difference	Critical Value
90.70	89.18	-	-	1.52	4.094
90.70	-	83.85	-	6.85*	4.094
90.70	-	-	88.08	2.62	4.678
-	89.18	83.85	-	5.33*	4.094
-	89.18	-	88.08	1.10	4.678
-	-	83.85	88.08	4.23	4.678

*significant at 0.05 level of significance

Table: 2 shows that the mean differences of forwards and defenders, mid-fielders and defenders were found significant at 0.05 level of significance. However, the mean differences among all the other playing positions were not found significant at 0.05 level of significance. Further the table revealed that forwards have the higher mean score (90.70) and the defenders have the lowest mean scores (83.85) as compared to all the other playing positions. It means that the forwards were more anxious and defenders were less anxious than all other playing positions. Whereas midfielders and goalkeepers have an almost equal status in anxiety level and were not found significant at 0.05 level of significance.

IV. Conclusion

From the results of study it was revealed that the anxiety level of football players differs significantly at various playing positions. Further, it was found that the forwards were more anxious and defenders were less anxious players on the field, however mid-fielders and goal keepers have moderate degree of anxiety level for the present sample.

References

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